super quick super healthy super meals

change4life supermeals

change 4 life

Eat well Move more Live longer

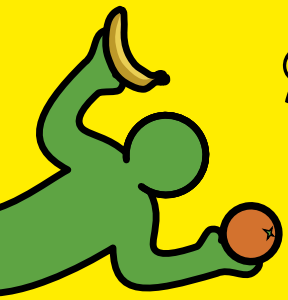
your supermeal recipes

Here are 14 supermeal recipes with great ideas for low-cost, quick and easy healthier meals.

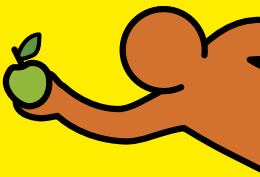
All the recipes can be prepared for around £5 and each one serves four adults (with the exception of the Sunday roast which serves six but costs a little more).

If you're feeding children too, remember that they don't need to eat as much as an adult and need kid-sized portions.

If you're cooking for fewer people you can simply reduce the quantities, or why not make the full amount and freeze the extra portions for another day?



save money, save time and be healthy...



quick and easy meals on a budget!

Planning and preparing tasty meals every day of the week can feel like a big job. Here's a super way to help you prepare healthier and tasty meals quickly, cheaply and easily. Use this booklet with 14 easy-to-make recipes (that's two whole weeks of evening meals). To make it even easier, there's also a shopping list you can take with you to the supermarket. By the way, you can find even more tips and recipe ideas online – simply search 'C4LWales'.

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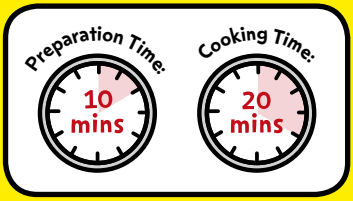
monday

tasty tuna and sweetcorn pasta

Ingredients:

300g wholemeal pasta shapes
1 tsp olive oil
1 medium red onion, chopped
1 garlic clove, crushed
400g tinned chopped tomatoes
1 tbsp tomato puree
150g sweetcorn, drained if tinned
2 tsp dried basil or dried mixed herbs
2 x 185g tinned tuna in water, drained and flaked



406kcals/1774kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip: This recipe can be served cold as a salad, making it perfect for packed lunches too.

What to do:

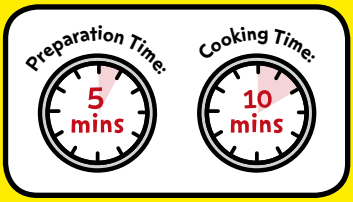
1. Cook the pasta following the instructions on the packet.
2. While the pasta is cooking, heat the olive oil in a large non-stick frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes.
3. Add the tomatoes, tomato puree, sweetcorn, basil or mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently.
4. Drain the pasta well and serve with the tuna and sweetcorn sauce.

tuesday

quick pitta pizzas

Ingredients:

4 wholemeal pitta breads
4 tsp sun-dried or regular tomato puree
4 mushrooms, sliced
4 tomatoes, thinly sliced
125g ball reduced-fat or light mozzarella cheese, sliced
2 tsp dried mixed herbs
Ground black pepper



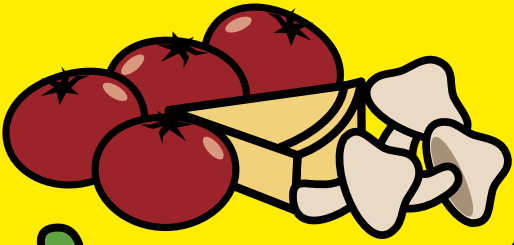
218kcals/912kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Add a few olives, slices of red or green pepper or red onion to get more of your 5 a day.

What to do:

1. Preheat the oven to 190°C/ Fan 170°C/Gas mark 5. Place the pitta breads on a baking sheet.
2. Spread 1 tsp of tomato puree onto each pitta, then top with the mushrooms, sliced tomatoes and cheese. Sprinkle with the mixed herbs and season with black pepper.
3. Bake for 10-12 minutes, or until the cheese is melted and bubbling. Serve with salad.



wednesday

10 minute chicken noodle dinner

Ingredients:

125g medium or fine dried egg noodles
1.2 litres reduced-salt chicken or vegetable stock
300g any combination of spring onions/red onions/mushrooms/carrots/pepper cut into bite sizes or strips
250g skinless, boneless roast chicken breasts, sliced
Ground black pepper
Few drops of reduced salt soy sauce

245kcals/1025kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
This is a great way to make the most of any fresh vegetables that need to be used up.

What to do:

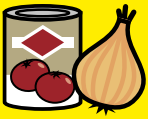
1. Put the noodles into a heatproof bowl and cover them with boiling water. Leave to soak for 6 minutes.
2. Meanwhile, pour the stock into a large saucepan and bring up to the boil. Add the vegetables and simmer for 5 minutes.
3. Drain the noodles, then add them to the saucepan with the sliced chicken. Season with pepper. Heat for 1-2 minutes, then ladle into bowls.
4. Serve each portion sprinkled with a few drops of soy sauce.

thursday

perfect pasta with tomato sauce

Ingredients:

1 tsp oil
1 onion, finely chopped
1 garlic clove, finely chopped
400g tinned chopped tomatoes
2 tbsp tomato puree
2 tsp dried mixed herbs
Ground black pepper
350g dried spaghetti
Fresh basil or chopped herbs, to garnish (optional)



Suitable for freezing (sauce only)

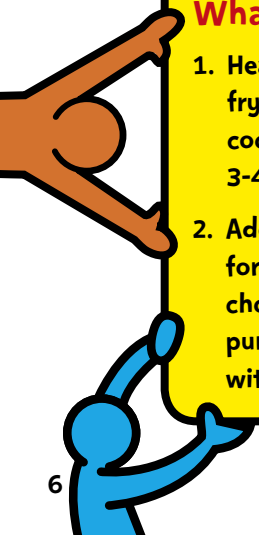
343kcals/1435kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
You can use this sauce as a pizza topping too, or pour over fish and bake in the oven.

What to do:

1. Heat the oil in a saucepan or frying pan. Add the onion and cook over a medium heat for 3-4 minutes, until soft.
2. Add the garlic and cook gently for another minute. Add the chopped tomatoes, tomato puree and mixed herbs. Season with pepper. Simmer gently for 15 minutes until the sauce is thick and rich.
3. Meanwhile, cook the spaghetti according to pack instructions.
4. Drain the spaghetti and serve with the sauce, topped with fresh basil or chopped herbs (if using).

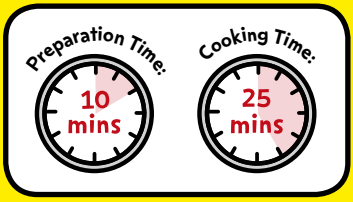


friday

the best chilli con carne

Ingredients:

300g extra lean minced beef
1 large onion, finely chopped
2 garlic cloves, finely chopped
400g tinned chopped tomatoes
2 tbsp tomato puree
1-2 tsp chilli powder
1/2 tsp ground cumin
1 red pepper, deseeded and chopped
150g mushrooms, sliced
410g tinned red kidney beans in water, drained
150ml reduced-salt, vegetable or beef stock
300g dried basmati or long grain rice
Ground black pepper



Suitable for freezing

488kcals/2042kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip: Turkey mince makes an excellent chilli - and it's lower in fat too. If you are a vegetarian, swap the mince for soya mince.

What to do:

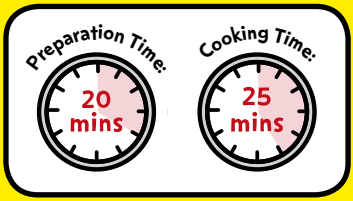
1. Heat a large saucepan and add the minced beef, a handful at a time, and cook it until browned. Add the onion and garlic and cook for another 2-3 minutes.
2. Add the chopped tomatoes, tomato puree, spices, red pepper, mushrooms, kidney beans and stock. Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.
3. Meanwhile, cook the rice according to pack instructions.
4. Season the chilli with pepper and serve with boiled rice.

saturday

pork with apples and celery

Ingredients:

750g potatoes, peeled and cut into chunks
2 tsp vegetable oil
1 red apple, cored and thinly sliced (not peeled)
1/2 tsp caster sugar
400g lean pork, sliced (trim off any fat)
2 tsp dried sage or mixed herbs
1 onion, thinly sliced
2 celery sticks, thinly sliced
150ml reduced-salt chicken or vegetable stock
150ml unsweetened apple juice
Ground black pepper
4 tbsp semi-skimmed milk



327kcals/1368kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Another time, make this recipe with turkey breast steaks instead of pork.

What to do:

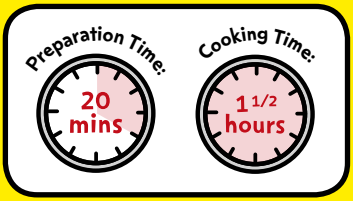
1. Cook the potatoes in simmering water, until tender. They will take about 20 minutes.
2. Meanwhile, heat 1 teaspoon of the oil in a large non-stick frying pan. Add the apple slices, cooking them over a medium-high heat for 2-3 minutes per side. Add the sugar and cook for another 1-2 minutes, until browned. Remove from the pan and set aside. Wipe out the pan with kitchen paper.
3. Roll the pieces of pork fillet in the dried sage or mixed herbs. Heat the remaining oil in the frying pan. Add the pork and cook over medium-high heat for 2-3 minutes, to brown.
4. Add the onion and celery, then pour in the stock and apple juice. Simmer for 10-15 minutes. The liquid should reduce down a little. Season with pepper.
5. Mash the potatoes and beat in the milk, then serve with the pork and apples, along with lightly cooked fresh or frozen vegetables.

sunday

sunday roast for six

Ingredients:

1 x 2kg whole chicken
6 medium potatoes, peeled and quartered
1 tbsp vegetable oil
4 large carrots, sliced
2 large leeks, sliced
1/2 Savoy cabbage, shredded
150g frozen peas
4 tsp reduced-salt gravy granules



525kcals/2197kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip: Use the leftover chicken in the 10 minute chicken noodle dinner recipe.

What to do:

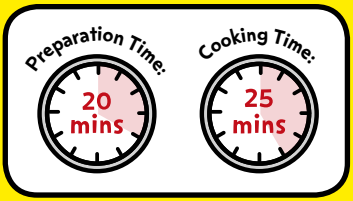
1. Preheat the oven to 190°C/Fan 170°C/ Gas mark 5. Put the chicken into a large roasting tin and roast in the centre of the oven for 1 1/2 hours.
2. Put the potatoes into a separate roasting tin and add oil. Then roast on the oven shelf above the chicken for 1 hour, turning after 30 minutes.
3. Start to cook the vegetables when the chicken is almost done. The carrots will take 10-15 minutes. The leeks, cabbage and peas will take 5-8 minutes when cooked together in a covered saucepan with a small amount of boiling water.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a sharp knife or skewer - the juices should run clear. Transfer to a carving board and cover with foil, allowing it to rest for 10 minutes before carving.
5. Make the gravy according to pack instructions.
6. Serve 150g chicken per portion, without skin. Serve with the roast potatoes, vegetables and gravy.

monday

hearty vegetable soup

Ingredients:

1 tsp vegetable oil
1 medium onion, chopped
2 small carrots, chopped
1 small leek, sliced
2 celery sticks, sliced
400g tinned chopped tomatoes
1 litre reduced-salt vegetable stock
1 tbsp tomato puree
50g green beans, sliced
50g frozen peas
40g dried pasta shapes
1 tsp dried mixed herbs
Ground black pepper



Suitable for freezing

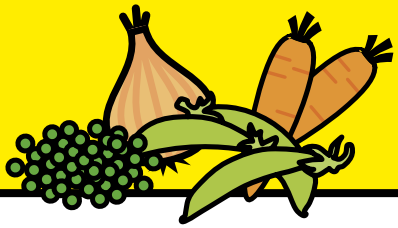
100kcals/418kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Chill any soup that you don't need and keep in the fridge for up to 3 days, or freeze for up to 3 months.

What to do:

1. Heat the oil in a large saucepan. Add the onion, carrots, leek and celery and fry gently for 3-4 minutes.
2. Add the tomatoes, stock, tomato puree, beans and frozen peas. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

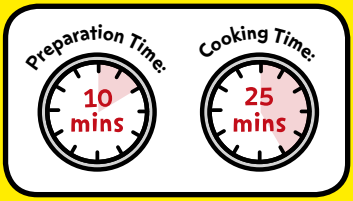


tuesday

sausage and bean stew

Ingredients:

2 reduced-fat sausages
2 tsp olive oil
1 large onion, finely chopped
2 garlic cloves, peeled and chopped
400g passata (sieved tomatoes) or
1 x 400g tinned chopped tomatoes
410g tinned cannellini beans or butter beans in water, drained
2 medium potatoes, peeled and cut into small cubes
2 tsp dried basil or dried mixed herbs (optional)
Ground black pepper



Suitable for freezing

229kcals/958kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Try adding chopped courgettes or other vegetables with the potato to get more of your 5 a day.

What to do:

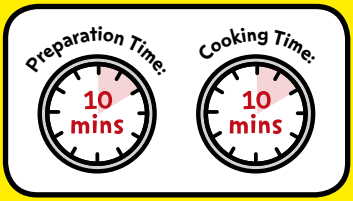
1. Preheat the grill. Grill the sausages for 8-10 minutes, turning occasionally, until they're thoroughly cooked.
2. While the sausages are cooking, heat the olive oil in a large saucepan and gently fry the onion and garlic for 2-3 minutes.
3. Add the passata or chopped tomatoes, cannellini beans or butter beans, potatoes and basil or mixed herbs. Simmer for 15-20 minutes until the potatoes are tender.
4. Slice the sausages and add them to the saucepan. Stir and cook for another 2-3 minutes.

wednesday

haddock with cheese and tomato topping

Ingredients:

1/2 tsp vegetable oil
4 x 150g haddock fillets, thawed if frozen
4 tsp sun-dried or regular tomato puree
4 medium tomatoes, thinly sliced
Ground black pepper
40g reduced-fat hard cheese, grated



Suitable for freezing

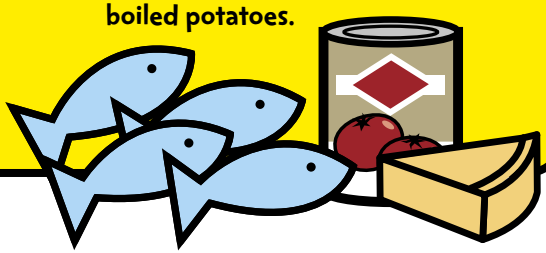
172kcals/720kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip: Try to eat fish at least twice a week to keep you healthy.

What to do:

1. Preheat the grill to medium-high. Grease a baking sheet with the vegetable oil.
2. Arrange the fish fillets on the baking sheet and spread 1 teaspoon of tomato puree over each one. Top with the tomatoes, season with a little pepper and scatter the grated cheese on top.
3. Grill for 6-8 minutes, until the fish is cooked. (The flesh should flake easily when tested with a fork).
4. Serve the fish with fresh green vegetables and cooked rice or boiled potatoes.

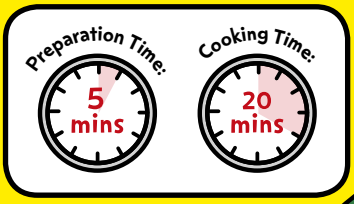


thursday

sensational spaghetti bolognese

Ingredients:

300g extra lean minced beef
1 large onion, finely chopped
2 garlic cloves, crushed
400g tinned chopped tomatoes
2 tbsp tomato puree
2 tsp dried mixed herbs
1 red pepper, deseeded and chopped
200g mushrooms, sliced
1 medium carrot, finely chopped
1 medium courgette, chopped
150ml reduced-salt stock
300g dried spaghetti
Ground black pepper

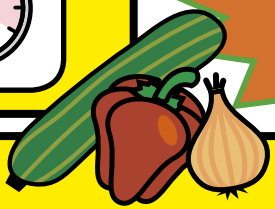


Suitable for freezing

431kcals/1803kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Use any pasta shapes you like and swap any of the vegetables for your favourites.



What to do:

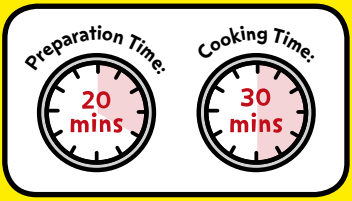
1. Heat a large saucepan and add the minced beef, a handful at a time, and cook it until browned. Add the onion and cook for another 2-3 minutes.
2. Add the remaining ingredients, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.
3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the spaghetti and bring back to the boil. Stir well and cook for about 8-10 minutes, until tender.
4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.

friday

sweet and sour chicken

Ingredients:

150g long grain brown or white rice
227g tinned pineapple rings in natural juice
1 tbsp cornflour
2 tbsp tomato puree
1 tbsp reduced-salt soy sauce
2 tsp vegetable oil
300g skinless chicken, cut into chunks
1 onion, thinly sliced
1 red or yellow pepper, deseeded and cut into chunks
3 celery sticks, sliced
2 tomatoes, sliced into wedges
Ground black pepper



Suitable for freezing

295kcals/1234kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Why not try making this recipe with turkey or lean pork instead of chicken.

What to do:

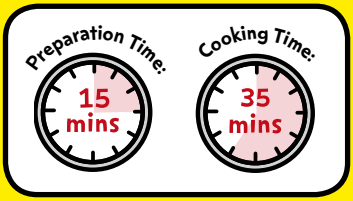
1. Put the brown rice on to cook in plenty of boiling water for 30 minutes, or until tender. If using white rice, cook for just 12 minutes.
2. Meanwhile, drain the juice from the pineapples into a small bowl or jug. Cut the pineapple rings into chunks. Add the cornflour to the juice and stir until smooth, then mix in the tomato puree and soy sauce. Set to one side.
3. Ten minutes before the rice is cooked, heat the oil in a wok or very large frying pan. Add the chicken and stir-fry over a high heat for 3-4 minutes.
4. Add the onion, pepper and celery to the wok or frying pan. Stir-fry for another 3-4 minutes, then add the tomatoes and pineapples.
5. Stir the pineapple juice mixture, then add it to the wok, stirring until hot and thickened. Season with pepper, then serve with the drained rice.

saturday

easy vegetable curry

Ingredients:

2 tsp vegetable oil
1 large onion, chopped
1 eating apple, cored and chopped
1 garlic clove, crushed
2 tbsp Balti curry paste
2 carrots, sliced
400g tinned chopped tomatoes
150g cauliflower or broccoli, broken into florets
200g tinned chickpeas in water, drained
160g marinated tofu pieces
300ml reduced-salt vegetable stock
200g brown long grain rice
(or use white long grain rice)
50g frozen peas, thawed
Ground black pepper

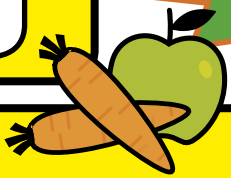


Suitable for freezing

453kcals/1895kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Use your favourite vegetables. Another time, try adding peppers, mushrooms or courgettes.



What to do:

1. Heat the vegetable oil in a large saucepan. Add the onion, apple and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few seconds.

2. Add the carrots, tomatoes, cauliflower or broccoli, chickpeas, tofu and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if the curry looks like it is getting too dry. At the same time, cook the brown rice in gently boiling water for 25-30 minutes, or until tender.

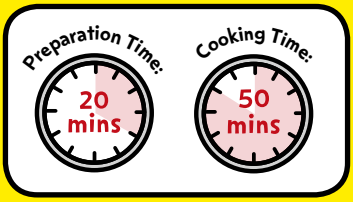
3. Add the peas to the curry and heat for a few moments. Season with pepper, if needed. Drain the rice thoroughly and serve with the curry.

sunday

fabulous fish pie

Ingredients:

700g potatoes, peeled and diced
425ml 1% fat milk
25g low-fat spread
25g plain flour
2 tbsp chopped fresh parsley (optional)
100g frozen peas
Ground black pepper
300g Coley fillet (thawed if frozen), skinned and cut into chunks
25g reduced-fat mature cheese, grated



Suitable for freezing

319kcals/1335kJ per portion

Calories - guideline daily amounts: A man needs around 2500 and a woman 2000

Super tip:
Use your choice of fish, Salmon is especially good. Look out for fish pie mix from the fresh fish counter which is cheap to buy.

What to do:

1. Preheat the oven to 200°C/Fan 180°C/ Gas mark 6.
2. Boil the potatoes for 15-20 minutes until tender, then drain them and mash with 2 tbsp of the milk.
3. Put the remaining milk, low-fat spread and flour into a saucepan and bring to the boil over a medium heat, stirring continuously with a small whisk or wooden spoon until the sauce bubbles and thickens. Stir in the parsley (if using) add the peas and season with pepper.
4. Place the chunks of fish in an ovenproof dish; pour the sauce over, then top with mashed potato. Sprinkle the cheese evenly over the surface.
5. Bake in the centre of the oven for 25-30 minutes, until the top is golden brown. Serve with steamed or boiled broccoli.

why not try

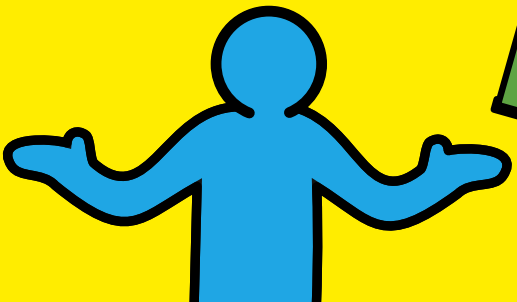
healthier breakfast ideas

- Cereal with no added sugar (sweeten it with a bit of chopped up fruit instead)
- Low fat yoghurt as a tasty addition to a healthier breakfast
- Banana on toast. It's a cheap, filling breakfast, plus it counts as one of your 5 a day
- Fruit smoothies – they are delicious, full of vitamins, minerals and fibre and count towards your 5 a day
- A toasted wholegrain English muffin or crumpet, with low fat spread. It's quick and tasty

lunch tips

- Why not eat any leftovers from your evening meal the next day as a lunch too?
- Making a packed lunch? Wholemeal, seeded or granary bread are a healthier choice for sandwiches
- Eating out for lunch? More and more restaurants now show the calorie information on the menu. Look out for it and choose lower-calorie options. (A man needs around 2500 calories a day and a woman 2000)

For even more delicious recipe ideas, just search 'C4L Wales' online and check out our recipe section



people who plan their shop in advance and take along a list tend to save time and money.

Sugar swaps

Go for no added sugar options whenever you can or look at the label and choose the option lower in sugar

Calories

Compare the labels on similar foods and choose the lower calorie options

Snack check

Cut down or swap unhealthy snacks for something like fruit or rice cakes

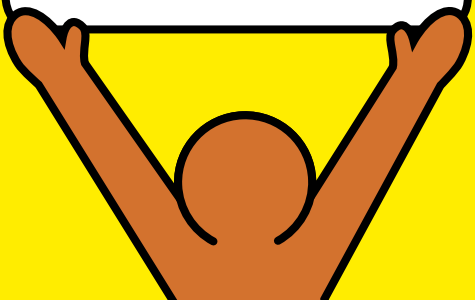
5 A DAY

It's easier than you think to get the right amount of fruit and veg – fresh, frozen, tinned, dried and juiced all count. One portion is roughly a handful (or a small glass if it's juice)

Keep an eye on salt

It's important not to eat too much salt. Three-quarters of the salt we eat is already in the food we buy, so you might be eating more salt than you realise

Next time you go shopping, compare the labels on different foods to help you choose those that are lower in salt



your shopping list

- Making a shopping list and sticking to it can save you time and money
- Take a look at the labels and choose lower calorie, salt, sugar and fat options

Change4Life
PO Box 8960
Sutton In Ashfield
NG17 0AX

fold

The Data Protection Act and you: In accordance with the Data Protection Act, we have a legal duty to protect any information we collect from you. This data will only be used in connection with Welsh Government initiatives. We will not pass on your details to any other government department or third party outside the health service unless you have given us permission to do so.

Free Prize Draw Terms and Conditions

By entering the prize draw, you agree to be bound by these terms and conditions. The prize draw is open to residents of Wales only who have registered with Change4Life.
If you are under the age of 16 you must obtain permission from your parent or guardian before entering the prize draw.

Only one entry per person. There will be no cash alternative to the prize available which is also non-refundable and non-transferable.
No responsibility will be accepted for ineligible or fraudulent entries. The Promoter will accept no liability for the safe delivery of the prize.
The prize will be drawn at random from all entries by an independent adjudicator.

The draw will close at 5pm on 14 March 2012 and the winner will be notified on or before 31 March 2012. The name of the winner will be made available after 31 March 2012 to those enclosing a self addressed envelope and applying to Change4Life Prize Draw Results, PO Box 8960, Unit B, Oddicroft Lane, Sutton In Ashfield, Notts, NG17 0AX.

The Promoter, Change4Life, is administered by the Welsh Government, Cathays Park, Cardiff, CF10 3NQ. Competitions are not open to employees (or members of their immediate families) of the Welsh Government, COI or any third parties associated with Change4Life.
No purchase is necessary, entry is free. To enter without a coupon please send your name, address, email and a contact phone number in an envelope titled 'Change4Life Free Prize Draw' to Change4Life, PO Box 8960, Unit B, Oddicroft Lane, Sutton In Ashfield, NG17 0AX.

We will process any personal data in accordance with our Privacy Policy available at www.wales.gov.uk/change4life.

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It's easy to enter our prize draw for a cookery set to help you make healthier family meals in a flash. Just fill in your details, tear off and follow the instructions on how to send this section back to us.

fold

Tear off, fold in half, seal up and send it back to us at the freepost address on the reverse side. Don't worry, there's no need to add a stamp!

Name:

Gender (M/F)

Address:

Postcode

I am over 18 years of age:

Email:

I would like to receive other great stuff from Change4Life in the future.
Please deliver by:

Email: **Post:** **Both:**

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